



“We eat with our eyes, and that’s why colorful foods appeal to our senses. In fact, they may add years and quality to our lives, too. The more colors we eat, the more protection we’re giving our eyes and our bodies. Enjoying a rainbow of food options means eating and staying healthy. That’s important to me...and it should be to you, too.”

—Mr. Food

CAESAR PASTA PRIMAVERA

Serving Size: 1/6 recipe, Total Servings: 6

INGREDIENTS:

- 1 (12-ounce) package regular or multi-grain bow-tie pasta
- 2 tablespoons olive oil
- 1/4 pound asparagus, cut into 1-1/2-inch pieces
- 1/4 pound snow peas, trimmed
- 2 medium carrots, thinly sliced
- 1 medium-sized yellow or red bell pepper, cut into 1-inch chunks
- 3 medium plum tomatoes, cut into thin wedges
- 3 garlic cloves, minced
- 1 (14-1/2-ounce) can ready-to-serve reduced-sodium chicken or vegetable broth
- 1 (1.2-ounce) package dry Caesar dressing mix
- 2 tablespoons grated Parmesan cheese (optional)

COOKING INSTRUCTIONS:

- 1.** Cook pasta according to package directions, omitting the salt; drain. Meanwhile, in a large skillet, heat olive oil over medium heat and sauté asparagus, snow peas, carrots, and bell pepper 2 minutes. Stir in tomatoes and garlic.
- 2.** In a small bowl, combine broth and dressing mix; pour over vegetables and bring to a boil. Reduce heat to low and simmer 5 to 7 minutes, or until vegetables are crisp-tender, stirring occasionally.
- 3.** In a large bowl, combine hot pasta and vegetable mixture; add Parmesan cheese, if desired, and toss until well coated. Serve immediately.

